

I CLAIM:

1. An exercise bench and dumbbell combination comprising:
a base including a bench member supported thereon for supporting users thereon,
5 a shelf supported on said base, and
a dumbbell device supported on said shelf and arranged to be fetched by the users.
2. The exercise bench and dumbbell combination as claimed in claim 1, wherein said shelf is rotatably secured on said base with a
10 pivot rod, to allow said shelf and said dumbbell device to be rotated relative to said base to suitable positions.
3. The exercise bench and dumbbell combination as claimed in claim 1, wherein said shelf includes a recess formed therein to support said dumbbell device.
- 15 4. The exercise bench and dumbbell combination as claimed in claim 3, wherein said shelf includes a pair of bulges provided thereon and each having a plurality of depressions formed therein, said dumbbell device includes a plurality of weight members received and seated in said depressions of said shelf.
- 20 5. The exercise bench and dumbbell combination as claimed in claim 2 wherein said shelf includes a plate attached to bottom and rotatably secured on said base with said pivot rod.
6. The exercise bench and dumbbell combination as claimed in claim 1 further comprising a cushion selectively attached said base.
- 25 7. The exercise bench and dumbbell combination as claimed in claim 6 further comprising an arm attached to said base, to support said cushion.

8. The exercise bench and dumbbell combination as claimed in claim 7, wherein said arm includes a first end attached to said base, and a second end attached to said cushion.

9. The exercise bench and dumbbell combination as claimed in claim 8 further comprising means for adjustably securing said first end of said arm to said base.

10. The exercise bench and dumbbell combination as claimed in claim 9, wherein said adjustably securing means includes a post secured on said base, a block disposed on said post, a plurality of orifices formed in said block, an extension extended from said first end of said arm, and a latch pin engageable through said extension of said arm and selectively engaged through either of said orifices of said block, to secure said arm to said block at selected angular positions.

11. The exercise bench and dumbbell combination as claimed in claim 8 further comprising means for adjustably securing said second end of said arm to said cushion.

12. The exercise bench and dumbbell combination as claimed in claim 11, wherein said adjustably securing means includes a flap attached to said cushion and having a plurality of apertures formed therein, and a latch pin engageable through said flap of said cushion and selectively engaged through either of said apertures of said flap, to secure said cushion to said arm at selected angular positions.

13. The exercise bench and dumbbell combination as claimed in claim 1, wherein said dumbbell device includes a plurality of weight members each having a channel formed therein, a hand grip having at least one end engaged through said channel of said weight

members, and means for selectively securing said weight members to said at least one end of said hand grip.

14. The exercise bench and dumbbell combination as claimed in claim 13, wherein said at least one end of said hand grip includes
5 a slot formed therein, said selectively securing means includes a latch member slidably engaged through said slot of said hand grip and engageable with selected number of said weight members.

15. The exercise bench and dumbbell combination as claimed in claim 14, wherein said selectively securing means includes a
10 fastener secured on said latch member, and a catch slidably engaged on said fastener, and engageable with said at least one end of said hand grip, to secure said at least one end of said hand grip and said latch member and said selected number of said weight members together.

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